

# PK Antw KB 26: Session: 3: COACH evaluation sheet for TEAM: HEST

Coachinfo: Warming up from: 08:00 untill 08:50. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Van Den Bulck Deborah HEADCOACH

Coaches: Van Dyck Line

Coaches: Bombois Ann

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

| Event number: 20: 200M FREESTYLE WOMEN 13+       |           |           |                                    |           |           |           | Heat:7, starttime: 09:34 |           |
|--------------------------------------------------|-----------|-----------|------------------------------------|-----------|-----------|-----------|--------------------------|-----------|
| Heat: 7/10    Lane : 7    Athlete: STEVENS LAURA |           |           |                                    |           |           |           | Q-time: 02:21:83         |           |
| PB (25m pool): no time                           |           |           | PB (50m pool): 02:21.83SB: no time |           |           |           |                          |           |
|                                                  | 2 5 M     | 5 0 M     | 7 5 M                              | 1 0 0     | 1 2 5     | 1 5 0     | 1 7 5                    | 2 0 0 M   |
| PB                                               |           | no time   |                                    | no time   |           | no time   |                          | no time   |
|                                                  | no time   |           |                                    |           |           |           |                          |           |
|                                                  | . . . . . | . . . . . | . . . . .                          | . . . . . | . . . . . | . . . . . | . . . . .                | . . . . . |

Coach feedback:

| Event number: 22: 100M BREASTSTROKE WOMEN 11-12      |           |           |                                     |                  | Heat:2, starttime: 10:01 |
|------------------------------------------------------|-----------|-----------|-------------------------------------|------------------|--------------------------|
| Heat: 2/6    Lane : 3    Athlete: VETTERS GLUZA NINA |           |           |                                     | Q-time: 01:51:97 |                          |
| PB (25m pool): 01:52.03    Eindhoven 28/06/2026      |           |           | PB (50m pool): 01:51.97 SB: no time |                  |                          |
|                                                      | 2 5 M     | 5 0 M     | 7 5 M                               | 1 0 0 M          |                          |
| PB                                                   |           | 00:53.44  |                                     | 01:52.03         |                          |
|                                                      | 00:53.44  |           | 00:58.59                            |                  |                          |
|                                                      | . . . . . | . . . . . | . . . . .                           | . . . . .        |                          |

Coach feedback:

| Event number: 26: 50M FREESTYLE WOMEN 13+        |           |  |           |                                    |  |  | Heat:9, starttime: 11:21 |  |
|--------------------------------------------------|-----------|--|-----------|------------------------------------|--|--|--------------------------|--|
| Heat: 9/12    Lane : 5    Athlete: STEVENS LAURA |           |  |           |                                    |  |  | Q-time: 00:29:04         |  |
| PB (25m pool): no time                           |           |  |           | PB (50m pool): 00:29.04SB: no time |  |  |                          |  |
|                                                  | 2 5 M     |  | 5 0 M     |                                    |  |  |                          |  |
| PB                                               |           |  | no time   |                                    |  |  |                          |  |
|                                                  | no time   |  |           |                                    |  |  |                          |  |
|                                                  | . . . . . |  | . . . . . |                                    |  |  |                          |  |

Coach feedback: